



TO WIN NEW COOKING FAME

Just
Walnuts

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Recipes Tested, Tasted and Approved by
Good Housekeeping Institute

All measurements are level.

Use standard half-pint measuring cups.



CALIFORNIA WALNUT GROWERS ASSOCIATION

L O S A N G E L E S , C A L I F O R N I A

*A purely cooperative, non-profit organization of 7988
growers. Our yearly production over 90,000,000 pounds.*

TO WIN NEW COOKING FAME

Just add Walnuts

WHO DOESN'T like to hear her friends exclaim, "How delicious! I *must* have that recipe"?

They'll say it, and say it often, if you make a habit of adding Diamond Walnuts to your favorite foods. Many a famed cook has built her reputation on the simple rule of "Just Add Walnuts."

For walnuts improve almost any dish—in several ways. Their golden kernels stimulate the appetite. Their crunchy crispness adds "body" to soft "spoon foods." And their delightful flavor makes even the simplest dish a real treat. They make your foods *look* better—and *taste* better, too.

You'll find many delicious recipes in this small book. But don't think for a moment that we've included *all* ways to use walnuts. That would require a huge volume.

There are really just two things to remember about walnut cookery. First—make it a rule to "Just Add Walnuts" to at least one food at every meal. Second—be sure the walnuts you use are "Diamonds," with the "Diamond" branded on each shell, and full, plump, tender kernels inside—every time!



*Walnut and
Salmon Salad*



*Golden Glow
Salad*



Pepper and Grapefruit Salad



*Pear, Cheese, and
Walnut Salad*



*Jellyed Cranberry
Salad*

SALADS

SALADS OF ALL KINDS need walnuts almost as much as they need lettuce and dressing. As a garnish, golden walnut halves add appetite appeal, and make the salad more inviting. And walnuts give the crispness and firmness that makes salads more delectable.

Fruit salads, especially, need walnuts—to supply the protein lacking in the fruits themselves. In fact, walnuts supply so much food value that a liberal helping of a walnut salad can often serve as the main course of your meal.

Mixed Fruit and Walnut Salad

- | | |
|---|----------------------------|
| 1 slice pineapple | 1 banana, sliced |
| 12 pitted dates | 2 cups seeded white grapes |
| 1 orange | Cooked salad dressing |
| $\frac{1}{4}$ cup broken Diamond Walnut kernels | Lettuce |

Cut pineapple, dates, and pulp of orange into small pieces. Add Diamond Walnut kernels, sliced banana and grapes. Mix thoroughly. Add salad dressing to moisten and serve individually in lettuce cups or in a salad bowl, masked with additional dressing. Serves 6.

Walnut and Salmon Salad

- | | |
|------------------------------------|---|
| 2 tablespoons granulated gelatin | $\frac{3}{4}$ cup cooked or canned salmon |
| $\frac{1}{2}$ cup cold water | $\frac{1}{4}$ cup chopped cabbage |
| 2 cups boiling water | $\frac{1}{2}$ cup Diamond Walnut kernels |
| 1 teaspoon salt | 1 head lettuce |
| $\frac{1}{2}$ cup granulated sugar | Mayonnaise or French dressing |
| $\frac{1}{2}$ cup vinegar | |
| 2 tablespoons lemon juice | |

Soak the gelatin in the cold water about 5 minutes. Add the boiling water, salt, sugar, vinegar and lemon juice, and stir until dissolved. Cool until the mixture thickens slightly, then add the salmon broken into pieces, the cabbage and Diamond Walnut kernels. Put into individual molds and chill. Serve on lettuce with mayonnaise or French dressing. Serves 6 to 8.

Golden Glow Salad

12 canned apricot halves $\frac{1}{2}$ cup chopped Diamond
Lettuce Walnut kernels
 $\frac{1}{2}$ cup cottage cheese Salad dressing
12 Diamond Walnut halves

Arrange three apricot halves cut side up on each of 4 individual plates of lettuce. Combine cheese and chopped Diamond Walnut kernels, and heap in hollows of fruit. Garnish with salad dressing and decorate with Diamond Walnut halves. *Serves 4.*

Jellied Cranberry Salad

1 quart cranberries 1 cup chopped celery
2 cups water 2 tablespoons lemon
1 $\frac{1}{2}$ cups granulated sugar juice
2 $\frac{1}{2}$ tablespoons gran- 1 cup chopped Diamond
ulated gelatin Walnut kernels
 $\frac{1}{2}$ cup cold water Lettuce
Mayonnaise

Cook cranberries in the 2 cups water until they start to pop; strain if desired. Add sugar and the gelatin which has been

sprinkled on the cold water. Stir until gelatin is dissolved. Chill until it begins to set and add celery, lemon juice, and Diamond Walnut kernels. Pour into 8 individual molds and chill until set. Unmold on lettuce and serve with mayonnaise. *Serves 8.*

Cinnamon Apples

1 cup granulated sugar $\frac{1}{2}$ cup chopped Diamond
1 cup water Walnut kernels
1 cup red cinnamon 2 tablespoons mayon-
candies naise
6 small apples Lettuce
1 cup cottage cheese

Heat sugar, water, and cinnamon candies in a saucepan over a low heat until candy is dissolved. Pare and core apples, place in syrup, cover and cook very slowly until tender but not broken; the apples should be bright red. Turn once during cooking so that they will not become mushy on the bottom. Remove carefully from the syrup and chill. Fill centers with cheese, Diamond Walnut kernels and mayonnaise combined. Arrange on crisp lettuce and serve with mayonnaise if desired. *Serves 6.*

Cinnamon Apple

5



Diamond Chicken Salad

- | | |
|--|--------------------------------|
| $\frac{1}{2}$ cup Diamond Walnut kernels | $\frac{1}{2}$ cup diced celery |
| Salt | French dressing |
| $\frac{1}{4}$ tablespoon butter | Lettuce |
| $1\frac{1}{2}$ cups cold chicken | Mayonnaise |

Put Diamond Walnut kernels in a pan, sprinkle sparingly with salt, add butter, and cook in a slow oven (300° F.) until heated, stirring often. Remove from the oven and break in pieces. Cut chicken into cubes, add diced celery and Diamond Walnut kernels and mix well. Marinate with French dressing, arrange on a bed of lettuce and garnish with Diamond Walnut halves and mayonnaise. *Serves 6.*

Pineapple Waldorf Salad

- | | |
|--|---------------------------------------|
| $2\frac{1}{2}$ cups diced, pared apples | $\frac{1}{2}$ cup finely diced celery |
| 1 cup well-drained canned crushed pineapple | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{2}$ cup chopped Diamond Walnut kernels | 6 pineapple slices |
| | Lettuce |
| | Diamond Walnut halves |

Combine apples, crushed pineapple, Diamond Walnut kernels, celery and mayonnaise and mix well. Arrange on the pineapple slices which have been placed on individual beds of lettuce. Garnish with Diamond Walnut halves. *Serves 6.*

Orange, Walnut, Cheese Luncheon Salad

- | | |
|--------------------------------------|----------------|
| 5 or 6 oranges | Lettuce |
| $2\frac{1}{2}$ Diamond Walnut halves | Pimiento |
| 1 3-oz. package cream cheese | Salad Dressing |

Pare oranges deep enough to remove every particle of membrane with the skin. Cut one orange in slices and the remaining oranges into segments. Place a large slice

of orange in center of each of 4 individual lettuce-covered salad plates. Arrange around each slice 3 groups of orange segments (3 segments to a group). Moisten cheese with a little orange juice, shape into balls, and press Diamond Walnut halves into two sides. Place one of these "walnut bon-bons" between each group of orange segments and garnish slices with strips of pimiento. Serve with any dressing preferred. *Serves 4.*

Pear, Cheese & Walnut Salad

- | | |
|--|--------------------------|
| $\frac{1}{4}$ cup Philadelphia cream cheese | Cream |
| $\frac{1}{4}$ cup celery, chopped fine | Salt, pepper and paprika |
| $\frac{1}{4}$ cup Diamond Walnut kernels, chopped fine | 6 halves canned pears |
| | Mayonnaise |
| | Lettuce |

Mix cheese, celery, and Diamond Walnut kernels. Moisten with cream and season to taste. Place pears on lettuce leaves, fill centers of pears with mixture and garnish with mayonnaise. *Serves 6.*

Jellied Fruit and Walnut Salad

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|---|--|
| $1\frac{1}{2}$ tablespoons granulated gelatin | $\frac{1}{2}$ cup chopped Diamond Walnut kernels |
| $\frac{1}{4}$ cup cold water | 2 tablespoons lemon juice |
| $\frac{1}{2}$ cup boiling water | Lettuce |
| $\frac{1}{2}$ cup granulated sugar | Whipped cream |
| 1 cup diced apple | Diamond Walnut halves |
| 2 cups orange juice and pulp | |

Soak gelatin in cold water for 5 minutes. Add the boiling water and the sugar and stir until dissolved. Add the apple, orange, Diamond Walnut kernels and lemon juice, and combine thoroughly. Arrange in 6 individual molds which have been dipped in cold water and chill until firm. Remove from molds, and arrange on lettuce leaves. Garnish with whipped cream and Diamond Walnut halves. *Serves 6.*



Walnut quality depends on the planting of vigorous young trees in deep, rich soil. Nearly 140,000 acres of California's finest land are devoted to walnuts, and the well-kept groves indicate the care given them. California growers specialize on improved trees, producing nuts with uniformly thin shells and full, plump kernels.

Walnut Potato Salad

- | | |
|---|------------------------------|
| 2 cups cold cooked potatoes | $\frac{1}{4}$ teaspoon salt |
| 1 cup coarsely chopped Diamond Walnut kernels | 2 small sweet pickles, diced |
| 1 small onion, minced | Mayonnaise |
| 2 tablespoons parsley, minced | Lettuce |
| | Diamond Walnut halves |
| | Cheese Wafers |

Cut potatoes into small cubes. Mix potatoes and Diamond Walnut kernels lightly with onion, parsley, salt and pickles, using sufficient mayonnaise to moisten. Serve on crisp lettuce leaves with small cheese wafers and garnish with Diamond Walnut halves. *Serves 6.*

Banana Walnut Salad

- | | |
|--|---------------------------------|
| 3 small bananas | Pitted fresh or canned cherries |
| Lettuce | 6 tablespoons mayonnaise |
| Diamond Walnut kernels, coarsely chopped | |
| 6 Diamond Walnut halves | |

Cut bananas in half crosswise and then cut each half into 8 lengthwise sections. Arrange 8 sections on each of six individual beds of lettuce. Garnish each salad with chopped Diamond Walnut kernels, cherries, and 1 tablespoon of mayonnaise. Top with a Diamond Walnut half. *Serves 6.*

Raisin Carrot Salad

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|---|--|
| $\frac{1}{4}$ cup seedless raisins | $\frac{1}{4}$ cup chopped Diamond Walnut kernels |
| $1\frac{1}{4}$ cups raw carrots, chopped fine | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup finely diced celery | Dash cayenne |
| | 4 tablespoons mayonnaise |

Wash raisins in hot water and combine with carrots, celery, Diamond Walnut kernels, salt, cayenne and mayonnaise. Chill and serve on lettuce. *Serves 6.*

Pepper and Grapefruit Salad

- | | |
|--------------------------|--|
| 6 green peppers | $\frac{1}{4}$ cup chopped Diamond Walnut kernels |
| 1 grapefruit | Mayonnaise |
| $\frac{1}{2}$ cup celery | |

Cut slices from stem ends of peppers and remove seeds. Peel grapefruit and cut into sections, and then into small pieces. Cut celery into small pieces. Mix grapefruit, celery, and Diamond Walnut kernels. Fill peppers with mixture, cover with mayonnaise and garnish with half Diamond Walnut kernels. *Serves 6.*

Waldorf Salad

- | | |
|-------------------------------------|---------------|
| 4 apples | 2 cups celery |
| 1 cup broken Diamond Walnut kernels | |
| Lettuce | Mayonnaise |

Wash the apples, pare and cut into cubes. Clean celery and cut into thin strips. Mix apples, celery, and Diamond Walnut kernels thoroughly. Moisten with mayonnaise to bind salad together just before serving and arrange on crisp lettuce leaves. *Serves 6.*

And here are just a few suggestions—

"Cheese Bonbons" are especially good as a garnish for fruit salads. To make them, roll white cream cheese into balls and press a half walnut kernel into one side. They're nourishing, too!

Stuffed celery is another delightful appetizer. Just soften your favorite cheese with cream or milk, add chopped walnut kernels, and fill celery stalks with the mixture. It's delicious with salads.

When making molded salads, place half walnut kernels in the bottom of the molds before the salad is poured in. When the salad is turned out, the walnuts will appear on top—golden, tempting, and an added bit of flavor.

Water, and plenty of it, is needed to produce plump, tender walnut kernels. Normal rainfall does not supply enough, and growers must irrigate often. But just any water isn't good enough—it must be free from alkali. That shows how careful growers must be in order to produce the finest walnuts.



CANDIES

HOMEMADE WALNUT CANDY—doesn't the very thought of it make your mouth water? Then why not make a batch, right now?

Everybody likes candy—and walnuts make any candy better. They add delightful flavor—they increase food value—and they give a “body” to soft candy that really makes you chew.

The fact that children never seem to get sufficient candy is natural, for growing bones and bodies need the nourishment that sweets provide. Just give them walnut candy and they'll reap a double benefit—thorough chewing that promotes sound teeth, and added food values not found in sugary sweets alone.

And here's another idea that isn't candy, but it is a delicious sweetmeat. Stuff prunes, dates or figs with walnut kernels and serve as a confection. They're healthful for the children—a real treat in school lunch boxes or between meals.

If you want to hear a chorus of “Oh's” and “Ah's,” try this one. At your next bridge party, serve Sugared Walnuts, in varied colors made with tasteless vegetable coloring. Be sure that you have plenty—you'll need them! You'll find the recipe on page 10.

Divinity

2 cups granulated sugar	2 egg whites
$\frac{1}{4}$ cup white corn syrup	1 teaspoon vanilla extract
$\frac{1}{4}$ cup water	2 cups chopped Diamond Walnut kernels

Boil sugar, syrup, and water to 246° F. or until a little of the mixture when dropped into cold water forms a firm ball between the fingers. Add $\frac{1}{2}$ of this syrup to the stiffly beaten egg whites, pouring slowly and beating constantly. Cook remainder of syrup to 255° F. or until a little of the mixture when dropped into cold water forms a hard ball between the fingers. Add it slowly to first mixture, beating constantly. Beat until mixture begins to keep its shape. Add vanilla extract and Diamond Walnut kernels; turn into greased pan 9" x 9". When cool cut into squares.



Mixed Walnut Candies



Velvet Fudge



Divinity



Walnut Mints

Velvet Fudge

- | | |
|-------------------------|-------------------------------------|
| 2 cups granulated sugar | 1 teaspoon vanilla extract |
| $\frac{1}{2}$ cup cocoa | |
| 1 cup milk | 1 cup broken Diamond Walnut kernels |
| 3 tablespoons butter | |

Mix sugar, cocoa and milk. Place over heat, stirring until sugar is dissolved. Then cook without stirring to 238° F. or until a little of the mixture when dropped into cold water forms a soft ball between the fingers. Remove from heat, add butter and vanilla. Set aside until lukewarm, 110° F. Beat until it begins to keep its shape. Add Diamond Walnut kernels, pour onto buttered pan and mark in squares while soft.

Penocche

- | | |
|----------------------------|-------------------------------------|
| 3 cups brown sugar | $\frac{1}{8}$ teaspoon salt |
| 1 cup milk | 1 cup broken Diamond Walnut kernels |
| 1 tablespoon butter | |
| 1 teaspoon vanilla extract | |

Mix sugar and milk, and cook, stirring constantly to 238° F. or until the mixture forms a soft ball when tried in cold water. Remove from heat and add butter, vanilla, and salt, and set aside until the pan feels cool to the touch. Then beat until the mixture begins to keep its shape. Add Diamond Walnut kernels; pour into a buttered pan.

Walnut Mints

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|---|---|
| $\frac{1}{4}$ cup sweetened condensed milk | $\frac{1}{8}$ teaspoon peppermint extract |
| About $1\frac{1}{4}$ cups sifted confectioners' sugar | 36 Diamond Walnut halves |

Combine the condensed milk and enough confectioners' sugar to make a fondant that can be easily formed into balls. Add peppermint extract, and continue mixing until smooth and creamy. Form the fondant into balls $\frac{1}{2}$ "- $\frac{3}{4}$ " in diameter. Then press half

a Diamond Walnut kernel on the top or on each side of each ball. Serve as an after-dinner mint. Flavorless vegetable coloring may be added for variety in appearance.

Walnut Cream Drops

- | | |
|--------------------------------------|--|
| $1\frac{1}{2}$ cups granulated sugar | Pinch of salt |
| 1 cup milk | 1 teaspoon vanilla extract |
| 2 tablespoons white corn syrup | $\frac{1}{2}$ cup chopped Diamond Walnut kernels |

Mix in a saucepan all ingredients except vanilla extract and Diamond Walnuts. Cook very slowly, without stirring, over a low heat to 236° F. or until a little of the mixture when dropped into cold water forms a soft ball between the fingers. Remove from heat and cool at room temperature, without stirring, until lukewarm (145° F.) Add vanilla extract and Diamond Walnut kernels. Beat until candy holds its shape, then drop from teaspoon onto waxed paper. *Makes about 20 patties.*

Date Nut Roll

- | | |
|-------------------------|--------------------------------------|
| 2 cups granulated sugar | 1 cup chopped dates |
| 1 cup evaporated milk | 1 teaspoon vanilla extract |
| | 1 cup chopped Diamond Walnut kernels |

Mix sugar and milk in deep saucepan. Cook very slowly, stirring frequently, to 236° F. or until a little of the mixture when dropped into cold water forms a soft ball between the fingers. Add dates and continue cooking slowly to 246° F. or until a little of the mixture when dropped into cold water forms a firm ball between the fingers. Remove from heat, add vanilla extract and Diamond Walnut kernels. Turn into a greased pan, and when cool enough to handle shape into a long roll 2" in diameter. Wrap in waxed paper and chill before slicing. Slice in $\frac{1}{4}$ " slices. *Makes about 24 slices.*

Everybody likes walnuts—and so do orchard pests. So sprayers and dusters must be at work frequently, destroying these threats to quality. Spray towers thirty feet high are used, to reach the tops of even the highest trees. For some pests, a chemical "dust" is used, and powerful fans blow it throughout the entire grove.





Sugared Walnuts

Sugared Walnuts

1½ cups granulated sugar	3 cups Diamond Walnut kernels
¼ cup honey	
¼ cup water	½ teaspoon vanilla extract

Combine sugar, honey, and water in a saucepan and cook to 242° F. or until a little of the mixture when dropped into cold water forms a soft ball between the fingers. Remove from the heat; add Diamond Walnut kernels and vanilla and stir until the syrup has become creamy and thick. Turn onto wax paper to harden, then break into individual pieces. For the sake of appearance, add any flavorless coloring material. Or add grated orange peel or cinnamon to the syrup for variety. *Makes about 1½ lbs.*

Chocolate Caramels

1 square (1-oz.) bitter chocolate	Few grains salt
1 cup sugar	4 tablespoons butter
1 cup white corn syrup	1 cup evaporated milk
	1 teaspoon vanilla
¾ cup chopped Diamond Walnut kernels	

Melt chocolate in saucepan. Add sugar, corn syrup and salt and boil together, stirring occasionally. When very thick (245° F.), add butter. Then add milk gradually so that mixture does not stop boiling at any time. Stir constantly and cook rapidly to 242° F. or until a little of the mixture when dropped into cold water forms a firm ball between the fingers. The mixture will be very thick and sticks easily at the last. Add vanilla and Diamond Walnut kernels. Pour into greased pan without scraping sides of saucepan. Cool thoroughly. Cut with a heavy, sharp knife with a saw-like motion. *Makes about 1¼ lbs.*

To make better candy—

Use a candy thermometer. This will eliminate uncertainties and produce uniform results.

If candy made with brown sugar curdles, don't be discouraged. This will disappear after cooling and beating.

Cool candy at room temperature. Do not beat until cool enough to hold the hand on the bottom of the pan.



Banana Walnut Cake

CAKES & COOKIES

THERE ISN'T ANY CAKE or cookie that walnuts won't improve. That's taking in a lot of ground, but just the same, it's true.

A golden walnut half to top a cookie—a pattern of walnut halves to decorate your proudest cake! Tempting as they are they're just a promise of the goodness inside, if you've been liberal with chopped walnuts in the batter.



Walnut Sticks

- | | |
|--|---|
| 1 cup brown sugar | $\frac{3}{4}$ tea-spoon vanilla extract |
| $\frac{3}{4}$ cup sifted all-purpose flour | 2 eggs, well beaten |
| $\frac{1}{4}$ tea-spoon salt | 1 cup chopped Diamond Walnut kernels |

Add sugar, flour, salt, and vanilla extract to the eggs and mix well. Add Diamond Walnut kernels. Spread in greased shallow baking pan 9" x 12½" and bake in moderate oven (375° F.) for 20-25 minutes. While

still warm, cut into strips 4" x 1" and remove from pan. *Makes 24 bars.*

Banana Walnut Cake

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|-------------------------------------|---|
| $\frac{1}{4}$ cup shortening | $\frac{1}{4}$ tea-spoon baking soda |
| 1 cup granulated sugar | $\frac{1}{4}$ tea-spoon baking powder |
| 2 eggs, beaten | $\frac{3}{4}$ cup finely chopped Diamond Walnut kernel. |
| 1½ cups sifted cake or pastry flour | $\frac{3}{4}$ cup mashed banana pulp |
| $\frac{1}{2}$ tea-spoon salt | 3 table-spoons sour milk or buttermilk |

Cream the shortening thoroughly; add the sugar gradually, creaming well. Add the beaten eggs, and beat well. Sift the flour with the salt, soda and baking powder; add the Diamond Walnut kernels. Combine the mashed banana and the sour milk, and add alternately with the dry ingredients to the sugar mixture. Pour into a greased and floured loaf pan, 8"x8"x2", and bake in a moderate oven (350° F.) for 45 minutes.

Devil's Food Walnut Cake

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|--|---|
| $\frac{3}{4}$ cup shortening | 1 teaspoon baking powder |
| 1 $\frac{1}{4}$ cups brown sugar | $\frac{3}{4}$ teaspoon salt |
| 2 eggs, well beaten | $\frac{3}{4}$ cup finely-chopped Diamond Walnut kernels |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{2}$ cup sour milk or buttermilk |
| 2 squares (2 oz.) unsweetened cooking chocolate | 1 teaspoon vanilla extract |
| 1 $\frac{1}{2}$ cups sifted cake or pastry flour | |
| 1 teaspoon baking soda | |

Cream the shortening thoroughly; add the sugar gradually, and cream the mixture until light and fluffy. Add the beaten eggs and beat well. Meanwhile pour the boiling water over the chocolate; stir over low heat until smooth and thick; cool, add to the egg mixture, mixing thoroughly. Sift the flour, soda, baking powder and salt together, add Diamond Walnut kernels. Combine the milk and the vanilla, and add alternately with the dry ingredients to the chocolate mixture, beating after each addition until smooth. Turn into well-greased and lightly-floured loaf pan 8" x 8" x 2" and bake in a moderate oven (350° F.) for 50-60 minutes. Or turn into 2 greased 8" layer cake pans and bake at 375° F. for 20-30 minutes.

Walnut Spice Cake

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|---------------------------------------|--|
| $\frac{3}{4}$ cup shortening | $\frac{3}{4}$ teaspoon ground cloves |
| 1 cup granulated sugar | 1 $\frac{1}{2}$ teaspoons cinnamon |
| 1 egg, beaten | $\frac{3}{4}$ teaspoon salt |
| 3 cups sifted cake or pastry flour | 1 cup sour milk |
| 1 $\frac{1}{2}$ teaspoons baking soda | $\frac{3}{4}$ cup seeded raisins |
| $\frac{3}{4}$ teaspoon allspice | $\frac{3}{4}$ cup seedless raisins |
| | $\frac{3}{4}$ cup chopped Diamond Walnut kernels |

Cream the shortening; add sugar gradually, creaming well. Add the egg and beat. Sift together $2\frac{3}{4}$ cups of the flour, the soda, allspice, cloves, cinnamon, and salt and add alternately in thirds with the sour milk

to the sugar mixture. Add raisins and Diamond Walnut kernels dredged with the remaining $\frac{1}{4}$ cup of flour, and mix. Bake in a 10" greased tube pan in a moderate oven (350° F.) for 50-60 minutes. Frost with cooked icing and decorate with Diamond Walnut halves.

Maple Walnut Cake

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|--|--------------------------------------|
| 1 cup brown sugar | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup shortening | 1 teaspoon vanilla extract |
| 2 eggs | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup milk | |
| 1 $\frac{1}{2}$ cups sifted cake or pastry flour | 1 cup chopped Diamond Walnut kernels |

Cream sugar and shortening, add yolks of eggs, beaten well, and the milk. Add the flour, which has been sifted twice, adding baking powder before the second sifting. Then add vanilla, salt and Diamond Walnut kernels. Last, add whites of eggs, beaten until stiff. Bake in a moderate oven (350° F.) in a greased tube cake pan for 45-50 minutes. Cover with any frosting and decorate with Diamond Walnut halves.

Walnut Cake

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|---|--|
| $\frac{3}{4}$ cup shortening | $\frac{3}{4}$ teaspoon salt |
| 1 cup granulated sugar | 1 teaspoon vanilla extract |
| 2 cups sifted cake or pastry flour | $\frac{1}{2}$ cup milk |
| 2 $\frac{1}{2}$ teaspoons baking powder | $\frac{1}{2}$ cup chopped Diamond Walnut kernels |
| | 3 egg whites |

Cream the shortening thoroughly, then add the sugar gradually, creaming after each addition until the mixture is light and fluffy. Sift the flour, baking powder and salt together. Mix the vanilla with the milk, and add alternately with the dry ingredients, sifted together, and the Diamond Walnut kernels, to the sugar mixture. Beat with a



Walnuts reach maturity early in the fall. As the husks split open, pickers shake the branches with long, hooked poles, and the nuts fall to the ground. Then they are dried, either on large trays spread in the sun or in mechanical dehydrators, where circulating currents of warm air blown by fans dry them much more rapidly.

spoon after each addition until smooth. Beat the egg whites stiff, but not dry, and fold them carefully into the cake batter. Turn into greased loaf pan 8"x8"x2" and bake in a moderate oven (350° F.) for 50-60 minutes. Or if preferred, turn into two greased layer cake pans and bake at 375° F. for 20-30 minutes.

Walnut Drop Cookies

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|--------------------------------------|--|
| 1/4 cup shortening | 2 1/4 cups sifted cake or pastry flour |
| 1 cup granulated sugar | |
| 1 egg | 3/4 teaspoon salt |
| 1 cup chopped Diamond Walnut kernels | 3/4 teaspoon soda |
| 1 teaspoon vanilla extract | 3/4 cup sour milk |

Cream shortening and add sugar gradually, creaming continually. Add the egg, well beaten, and mix thoroughly. Add Diamond Walnut kernels and vanilla and then the mixed and sifted flour, salt and soda alternately with the milk. Drop from a teaspoon on a greased cookie sheet 2 inches apart, and bake at 400° F. for 10 to 12 minutes. *Makes 3 1/2 dozen cookies.*

Sandies

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|--|--|
| 6 tablespoons shortening | 3/4 teaspoon ice water |
| 2 1/4 tablespoons confectioners' sugar | 1/2 cup chopped Diamond Walnut kernels |
| 1 cup sifted cake or pastry flour | 3/4 teaspoon vanilla extract |
| | 1/4 cup powdered sugar |

Cream shortening; add confectioners' sugar, and cream well. Add flour, ice water, Diamond Walnut kernels, and vanilla extract. Mix well. Chill. Shape into rolls 1 inch long by 1/2 inch wide, place on a greased baking sheet, and bake in a slow oven (300° F.) for 30-35 minutes, or until lightly browned. While still hot, remove from baking sheet and shake in a bag with the powdered sugar. *Makes 20 cookies.*

From the grove, the walnuts are taken to one of the 37 packing plants of the California Walnut Growers Association, located throughout the state. These packing houses are owned by the growers, and are models of efficiency. There the nuts are graded for size, kernel quality and appearance, and sacked for shipment.

Chocolate Walnut Brownies

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|--|--|
| 3/4 cup shortening | 3/4 cup sifted cake or pastry flour |
| 1 cup granulated sugar | 1/4 teaspoon baking powder |
| 2 eggs, beaten | 1/4 teaspoon salt |
| 2 squares (2 ounces) unsweetened cooking chocolate, melted | 3/4 cup chopped Diamond Walnut kernels |

Cream shortening, add sugar, and cream thoroughly. Add eggs and melted chocolate. Mix and sift flour, baking powder and salt, and add together with Diamond Walnut kernels. Turn into a pan 9" x 9" x 1 1/2" and bake in a moderate oven (350° F.) for 30 minutes. Immediately cut into squares with a sharp knife. *Makes about 25 brownies.*

Date Nut Torte

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|-------------------------------------|--|
| 2 eggs | Pinch of salt |
| 3/4 cup sugar | 1 cup chopped dates |
| 1/4 cup sifted cake or pastry flour | 3/4 cup chopped Diamond Walnut kernels |
| 1 teaspoon baking powder | 1 teaspoon vanilla extract |

Beat eggs well and add sugar. Sift together flour, baking powder, and salt. Add dates and Diamond Walnut kernels. Mix well with the eggs and sugar, adding vanilla. Spread in greased pan 9"x9"x1 1/2" and bake 25 minutes in a moderate oven (350° F.).

Maple Walnut Wafers

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|--------------------------------------|---|
| 2 eggs, separated | 10 tablespoons sifted all-purpose flour |
| 3/4 cup granulated sugar | |
| 3/4 cup brown sugar | Pinch of salt |
| 1 cup chopped Diamond Walnut kernels | 1 teaspoon Mapleine |

Beat yolks of eggs until thick and lemon colored. Add both sugars gradually, beating well. Then add Diamond Walnut kernels, whites of eggs beaten stiff, flour, mixed with salt, and Mapleine. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) for 10 minutes. Remove at once from baking sheet with a spatula.





Hermits



Chocolate Walnut Brownies



Devil's Food Walnut Cake



Maple Walnut Cake



Hermits

- | | |
|---------------------------------------|---|
| 2 cups sifted cake or
pantry flour | 1 teaspoon mace |
| 2 teaspoons baking
powder | $\frac{3}{4}$ cup shortening |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup granulated sugar |
| $\frac{1}{4}$ teaspoon nutmeg | $\frac{1}{2}$ cup brown sugar,
firmly packed |
| 1 teaspoon cinnamon | 2 eggs, well beaten |
| 1 $\frac{1}{2}$ cups seedless raisins | |
| 1 cup chopped Diamond Walnut kernels | |

Sift together flour, baking powder, salt, and spices. Cream shortening thoroughly; add both sugars gradually, creaming until light and fluffy. Add eggs, and beat thoroughly; then add raisins and Diamond Walnut kernels. Mix well. Add flour mixture gradually, mixing well. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) for 15 minutes.

Ice Box Cookies

- | | |
|------------------------------------|---|
| 2 cups sifted
all-purpose flour | $\frac{1}{4}$ cup brown sugar,
firmly packed |
| 2 teaspoons baking
powder | 1 egg, well beaten |
| $\frac{1}{2}$ teaspoon salt | 1 cup chopped Diamond
Walnut kernels |
| $\frac{1}{2}$ cup shortening | 1 $\frac{1}{2}$ teaspoons vanilla
extract |
| 1 cup granulated sugar | |

Sift together flour, baking powder and salt. Cream shortening, and add both sugars gradually, creaming thoroughly; add the egg, Diamond Walnut kernels, and vanilla; beat well. Add flour gradually, mixing well after each addition. Shape into rolls about 1 $\frac{1}{2}$ " in diameter; roll in waxed paper. Chill in refrigerator, preferably over night. Cut in $\frac{1}{8}$ " slices and bake on ungreased baking sheet in very hot oven (425° F.) for 5-8 minutes. This dough may be kept in refrigerator several days, if well wrapped.

And a few more ideas

If the cake filling or frosting seems too thin, add chopped walnuts till it is stiff enough to spread.

Filled cookies taste better and are better with chopped walnuts in the fruit filling.

A slice of cake can be made into a fine quick dessert by serving with a walnut butterscotch or fudge sauce.

Cakes and cookies for the lunch box should be made with walnuts—for the extra

DESSERTS

WHEN IT COMES to desserts, walnuts really come into their own. Most desserts are soft foods, and need the crunchy firmness that walnut kernels add. Desserts should look good, and walnuts make any dish more tempting. A food that ends the meal should also taste good—and walnuts, of course, lend matchless flavor. If the meal has been a simple one, you may need walnuts to fill in the proteins and carbohydrates that are necessary in the diet.

And since walnuts blend with any flavor, you can use them freely, simply adding them to your own favorite recipes.

Stuffed Baked Oranges

- | | |
|------------------------|--------------------------------------|
| 6 oranges | 1 cup chopped Diamond Walnut kernels |
| 18 pitted dates | 6 marshmallows |
| 2 tablespoons cocoanut | 6 Diamond Walnut halves |

Pour boiling water over the oranges. Allow to stand for 10 minutes, turning frequently; then drain. Cut slice from top of oranges and scoop out pulp. Chop the dates and mix with the orange pulp; add cocoanut and Diamond Walnut kernels. Refill oranges with mixture and top each with a marshmallow. Bake in a moderate oven (350° F.) until oranges are thoroughly heated and ingredients blended, about 30 minutes. Decorate each with a Diamond Walnut half. *Serves 6.*

Walnut Date Surprise

- | | |
|--|---|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ teaspoon each of cinnamon, nutmeg, and cloves |
| 1 cup brown sugar | 1 cup chopped Diamond Walnut kernels |
| $\frac{3}{4}$ cup milk | $\frac{1}{2}$ cup chopped pitted dates |
| $\frac{3}{4}$ cup sifted all-purpose flour | |
| 1 teaspoon baking soda | |
| $1\frac{1}{4}$ cups dry bread crumbs | |

Cream butter and sugar. Add milk and mix well. Add flour, sifted with soda and spices and lastly the Diamond Walnut kernels and dates, and bread crumbs. Steam in double boiler $1\frac{1}{2}$ hours and serve warm or



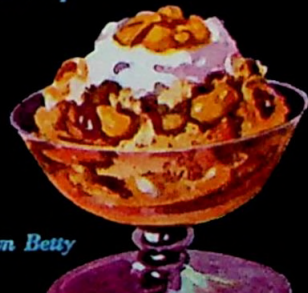
Stuffed Baked Orange



Macaroon Fog



Prune Whip



Brown Betty

Macaroon Fog

- | | |
|---------------------------------------|---|
| 2 cups heavy cream,
whipped | 1 cup chopped Diamond
Walnut kernels |
| 4 tablepoons confection-
ery sugar | $\frac{1}{2}$ cup crushed straw-
berries |
| 1 cup macaroon crumbs | Diamond Walnut
halves |

Combine all ingredients except Diamond Walnut halves. Serve chilled in sherbet glasses garnished with Diamond Walnut halves. *Serves 6.*

Prune Whip

- | | |
|---|---|
| Few grains of salt | 1 cup drained, stoned,
stewed prunes, cut fine |
| 3 egg whites | |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ teaspoon vanilla extract or lemon juice | |
| $\frac{1}{2}$ cup chopped Diamond Walnut kernels | |

Add salt to whites of eggs, and beat until almost stiff. Then add sugar slowly and continue beating until the whites are stiff. Fold in remaining ingredients, turn into a greased $1\frac{1}{2}$ quart baking dish, and bake in a slow oven (350° F.) for 25 minutes. Serve cold with cream. *Serves 6.*

Molasses Walnut Pie

- | | |
|-------------------------------|---|
| 3 eggs | 1 teaspoon vanilla
extract |
| $\frac{1}{2}$ cup molasses | |
| 2 tablepoons melted
butter | $\frac{1}{2}$ cup Diamond Walnut
kernels |
| 2 cups milk | 2 tablepoons pastry
flour |
| $\frac{1}{2}$ teaspoon salt | Plain pastry |

Beat the eggs, and add molasses, butter, milk, salt, vanilla and Diamond Walnut kernels which have been mixed with the flour. Blend and pour into an unbaked 9-inch pie shell, made with plain pastry and having a fluted rim. Bake in a hot oven (450° F.) for 15 minutes. Then turn the heat regulator to 325° F. and continue baking for 30 minutes, or until the custard mixture is set.

Raisin and Walnut Pie

- | | |
|------------------------------------|--|
| $\frac{1}{2}$ cup butter | 1 cup broken Diamond
Walnut kernels |
| $\frac{1}{2}$ cup granulated sugar | |
| 3 eggs | 1 teaspoon vanilla
extract |
| 1 cup seedless raisins | Plain pastry |

Cream butter and sugar. Add eggs one at a time, beating well after each addition. Add raisins, Diamond Walnut kernels and vanilla. Meanwhile line a 9" pie plate with plain pastry using 1 cup flour as the basis. Pour the filling into this unbaked shell and bake in a hot oven (400° F.) for 10 minutes; then reduce the heat to 375° for 30 minutes longer.

Walnut Marshmallow Delight

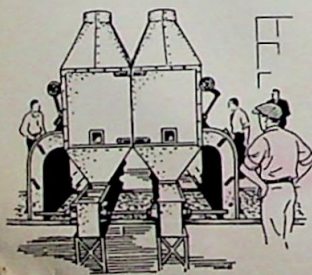
- | | |
|---|--------------------------------|
| $\frac{1}{2}$ cup Diamond Walnut
kernels | 1 cup heavy cream |
| $\frac{1}{2}$ pound marshmallows | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{2}$ cup maraschino
cherries | 2 tablepoons powdered
sugar |
| | Few grains salt |

Cut Diamond Walnut kernels, marshmallows and cherries into pieces. Whip cream, add vanilla, powdered sugar and salt. Fold in Diamond Walnut kernels, marshmallows and cherries. Chill. *Serves 6.* A mixture of red and green cherries makes an effective color combination.

Brown Betty

- | | |
|--|----------------------------------|
| 3 tablepoons butter | $1\frac{1}{2}$ cups bread crumbs |
| 1 cup sugar, either brown or white | |
| $1\frac{1}{2}$ tablepoons cinnamon or nutmeg | |
| $4\frac{1}{2}$ cups sliced, pared and cored apples | |
| 1 cup chopped Diamond Walnut kernels | |
| Cream, plain or whipped | |

Melt butter and mix with bread crumbs. Combine sugar and spice. Grease $1\frac{1}{2}$ quart baking dish and cover the bottom with part of the sliced apples. Sprinkle with some of sugar mixture, then Diamond Walnut



Inside the packing plant the nuts are first passed under a vacuum machine, which automatically lifts out all nuts with empty or half-filled shells. Human eyes can not tell by looking at a walnut whether there is a sound kernel inside, but these machines practically "look through the shells" with uncanny accuracy.

kernels, then bread crumb mixture. Build up similar layers until all materials are used, having crumbs for the last layer. Cover and bake in a moderate oven (350° F.) for 45 minutes. During the last 15 minutes remove cover and allow to brown. Serve hot or cold with plain or whipped cream. *Serves 6.*

Frozen Pudding

- | | |
|------------------------------------|--|
| $\frac{1}{2}$ cup granulated sugar | 1 teaspoon vanilla extract |
| $\frac{1}{2}$ cup water | $\frac{1}{4}$ cup seeded raisins, finely cut |
| 2 egg whites | $\frac{1}{2}$ cup strawberry preserves |
| $1\frac{1}{2}$ cups heavy cream | $\frac{1}{2}$ cup rather finely chopped Diamond Walnut kernels |

Boil the sugar and water together to 230° F. or until the mixture threads from a fork. Beat the egg whites and the cream in separate bowls until stiff. Pour the sugar syrup slowly over the beaten egg whites while continuing to beat, and beat until cool. Fold in the whipped cream and the remaining ingredients. Turn into the freezing tray of an automatic refrigerator and freeze with the cold control at the coldest setting until set. *Serves 6.* To serve 2 or 3, make half this recipe.

Walnut Bavarian

- | | |
|------------------------------------|--|
| 1 tablespoon granulated gelatin | 1 egg white |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup drained canned crushed pineapple |
| 1 cup heavy cream | $\frac{1}{2}$ cup sliced strawberries |
| $\frac{1}{2}$ cup milk | 1 cup chopped Diamond Walnut kernels |
| $\frac{1}{2}$ cup granulated sugar | |

Sprinkle the gelatin on the cold water and dissolve over hot water. Add to the cream, milk, and sugar; chill until it begins to set. Fold in the egg white, beaten stiff, pineapple, strawberries and Diamond Walnut kernels. Serve cold in sherbet glasses and sprinkle with chopped Diamond Walnut kernels. *Serves 6.*

Glorified Rice

- | | |
|---------------------------------|--|
| $\frac{1}{2}$ cup white rice | 10 marshmallows, cut in fourths |
| 1 teaspoon salt | |
| 3 quarts boiling water | $\frac{3}{4}$ cup chopped Diamond Walnut kernels |
| 1 quart cold water | $\frac{1}{2}$ cup powdered sugar |
| 2 cups canned crushed pineapple | Pinch of salt |
| | 1 cup heavy cream |
| | Maraschino cherries |

Add rice and salt to boiling water and cook 40 minutes, or until rice is tender. Drain, rinse with the cold water, and chill until ready to serve. Then add crushed pineapple, marshmallows, Diamond Walnut kernels, powdered sugar, and salt. Fold in the cream, stiffly beaten, and serve in sherbet glasses, garnished with cherries. *Serves 8.*

Pineapple Upside Down Cake

- | | |
|------------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon salt |
| 1 cup granulated sugar | $\frac{1}{2}$ cup milk |
| 3 eggs | 1 teaspoon vanilla extract |
| 2 cups sifted cake or pastry flour | Butter for pan |
| 3 teaspoons baking powder | 1 cup medium brown sugar |
| | 8 slices canned pineapple |
| | 8 maraschino cherries |
| | 1 cup chopped Diamond Walnut kernels |

Cream shortening and sugar together. Add well beaten eggs. Sift together flour, baking powder, and salt, and add alternately with the milk. Add the vanilla and mix well. Grease a round pudding pan or skillet, 10 inches in diameter, generously with butter and line with brown sugar. Place in the pan slices of well drained pineapple with maraschino cherry in center of each and Diamond Walnut kernels surrounding pineapple slices. Pour cake batter over the mixture in the pan and bake in moderate oven (350° F.) for 50-60 minutes. When cake is done, turn pan upside down. Do not remove pan for a minute so as to allow butterscotch mixture to run down over cake instead of clinging to pan. *Serves 8.*

From the vacuum machines, the nuts pass to trained inspectors, who remove nuts with external defects. Then the shells are washed, and the nuts are again inspected and nuts with defects revealed in washing are removed. All together, there are three of these hand-sortings, to make sure that you get only the finest walnuts.



Walnut Peach Shortcake

1 $\frac{3}{4}$ cups sweetened
sliced peaches
 $\frac{1}{2}$ cup broken Diamond
Walnut kernels

2 8-inch layers sponge
cake
Whipped cream
Diamond Walnut
halves

Combine sliced peaches and Diamond Walnut kernels and arrange between and on top of sponge cake layers. Garnish with whipped cream and Diamond Walnut halves. *Serves 6.*

Apricot Caramel Shortcake

Shortcake dough
2 tablespoons
shortening
 $\frac{3}{4}$ cup light brown sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup chopped Diamond
Walnut kernels

1 $\frac{1}{4}$ cups cooked strained
apricots
 $\frac{3}{4}$ cup heavy cream,
whipped
2 tablespoons powdered sugar

Prepare shortcake dough using 2 cups flour as the basis. Divide dough; pat out into two layers about $\frac{1}{4}$ " thick and slightly larger than greased pan (about 7" x 7"). Arrange one layer in pan and spread with

caramel filling made by combining shortening, sugar, salt, and Diamond Walnut kernels. Arrange top layer and press edges together. Bake in a hot oven (400° F.) for 12-15 minutes. Serve hot with sauce made by folding the apricots into the whipped cream sweetened with the powdered sugar. *Serves 6.*

Novel touches for simple desserts

Fill the center of baked apples with chopped walnut kernels for delightful variety.

A delicious touch of novelty is added by putting a piece of walnut kernel in place of each pit in cherry pie. Prune and apple pies are especially good with walnuts, too.

Ice cream, whether homemade or brought home, should have walnuts added, either in the cream itself or in the sauce that you pour over it.

Walnuts are even better than chestnuts in bisques and frozen puddings.

And the best dessert of all—your favorite fruit, crackers and cheese, and the Walnut Bowl!



MAIN-COURSE DISHES

PERHAPS YOU THINK of walnuts as a garnish, to use for decoration and unusual flavor. They're all of that—and more besides. They're a real food by themselves—and so rich in energy that a walnut dish can often serve as the main course of a meal. In fact, they contain more calories per pound than beefsteak.

Walnut Poultry Dressing

Giblets from 1 chicken, 1 tablespoon salt
duck or turkey 2 tablespoons poultry
seasoning or sage
1 onion 2 cups Diamond Walnut
kernels, chopped fine
1 bay leaf 4 tablespoons melted fat
1 cup boiling water
1 large loaf of stale bread

Cook giblets, onion and bay leaf in the boiling water until tender. Then chop giblets fine. Remove crusts from bread, and crumb the bread fine. Mix giblets and crumbs with salt, poultry seasoning or sage,

Diamond Walnut kernels and fat. Stuff fowl with this dressing. Baste with water in which the giblets were cooked.

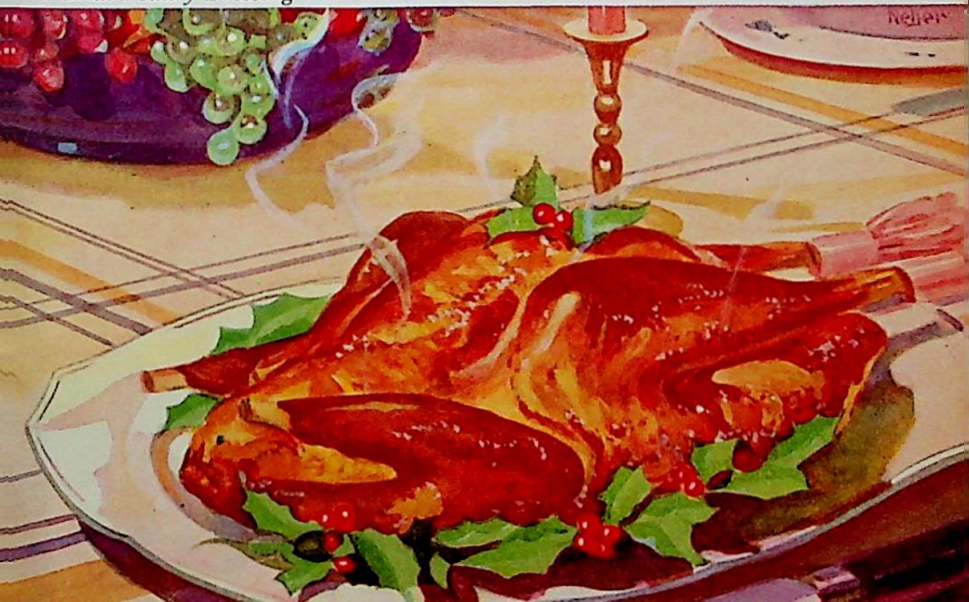
Stuffed Baked Peppers

6 green peppers 1 $\frac{1}{2}$ cups chopped cooked
meat
2 cups soft bread 3 tablespoons melted
crumbs or cooked rice fat
1 $\frac{1}{2}$ cups chopped Diamond 1 $\frac{1}{2}$ cups tomato sauce
Walnut kernels
2 teaspoons salt $\frac{1}{2}$ cup cold water

Wash the peppers and remove the stems and seeds. Place peppers in boiling salted water, cook 10 minutes, drain, and rinse with cold water. Mix bread crumbs, or rice, Diamond Walnut kernels, salt, meat, melted fat, $\frac{1}{2}$ cup tomato sauce and the cold water. Fill the pepper shells with this mixture and stand them in a baking dish. Pour around them 1 cup tomato sauce and bake in a moderate oven (350° F.) 30 minutes. During baking, baste with the tomato sauce. Serves 6.

Walnut Poultry Dressing

19



Walnut Sausage

- | | |
|--|------------------------------------|
| 1 cup soft bread crumbs | 2 eggs, beaten |
| 1 tablespoon butter | $\frac{1}{4}$ teaspoon salt |
| 1 cup cooked rice | $\frac{1}{4}$ teaspoon celery seed |
| 2 teaspoons sage | 1 teaspoon minced onion |
| $\frac{1}{4}$ teaspoon paprika | 4 tablespoons fat |
| $1\frac{1}{2}$ cups chopped Diamond Walnut kernels | Crisp bacon as garnish |
| $1\frac{1}{2}$ cups white sauce | |

Blend all ingredients except fat, bacon and white sauce. Shape mixture like sausages and brown well in the hot fat in a skillet. Garnish with bacon and serve with a white sauce. *Serves 6 to 8.*

Walnut Loaf

- | | |
|---------------------------------------|--|
| 2 cups cold baked beans | $1\frac{1}{2}$ cups chopped Diamond Walnut kernels |
| $1\frac{1}{2}$ cups soft bread crumbs | 2 tablespoons melted fat |
| 3 tablespoons minced onion | $\frac{1}{4}$ teaspoon paprika |
| 1 teaspoon salt | $1\frac{1}{2}$ cups canned tomato juice |
| 1 egg, beaten | 2 cups tomato sauce |

Mix all the ingredients except the tomato sauce and put into a greased loaf pan. Bake in a moderate oven (350° F.) for 60 minutes. Serve with or without a well-seasoned tomato sauce. *Serves 6 to 8.*

Marshmallow Sweet Potatoes

- | | |
|----------------------------------|--------------------------------------|
| 8 medium sized sweet potatoes | 1 teaspoon cinnamon or nutmeg |
| 2 tablespoons butter | $\frac{1}{4}$ teaspoon paprika |
| $\frac{1}{2}$ cup hot milk | 1 cup chopped Diamond Walnut kernels |
| $\frac{1}{2}$ teaspoon salt | |
| $\frac{1}{2}$ pound marshmallows | |

Cook sweet potatoes until tender, remove skins, and mash. When free from lumps, beat in butter, milk, salt, cinnamon or nutmeg, and paprika. Beat well. Fold in

Diamond Walnut kernels, turn into a buttered baking dish, cover with marshmallows, and bake in a moderate oven (350° F.) until marshmallows puff and are a golden brown. *Serves 6.*

Potato Croquettes

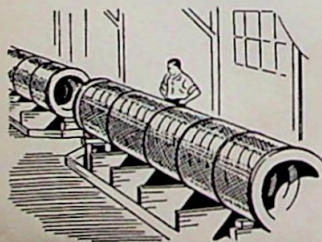
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|---|---|
| 2 cups cooked, hot, rice or mashed potato | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{4}$ cup hot milk or cream | $\frac{1}{2}$ cup broken Diamond Walnut kernels |
| $\frac{1}{4}$ teaspoon salt | Sifted bread crumbs |
| $\frac{1}{4}$ teaspoon paprika | 1 egg |
| Speck pepper | 1 tablespoon water |
| 1 egg yolk | |

Combine the potato, milk, salt, paprika, pepper, egg yolk, baking powder, and Diamond Walnut kernels. Shape with the palms of the hands into cylinders about 2" x 1". Coat the croquettes on all sides with the sifted bread crumbs. Next roll them in the egg and water beaten together, and then again in the crumbs. Fry a few croquettes at a time, arranged in a frying basket, in deep fat heated to 390° F., or hot enough to brown a 1" cube of fresh bread on all sides in about 40 seconds, for about 2 minutes. Drain on absorbent paper. *Makes 8 croquettes.*

Walnut Vegetable Loaf

- | | |
|--|-------------------------------|
| 1 cup canned or cooked peas | 1 cup soft bread crumbs |
| 1 cup cooked, mashed carrots | 1 cup milk |
| $\frac{1}{2}$ cup chopped Diamond Walnut kernels | 1 tablespoon melted fat |
| 3 tablespoons minced onion | 2 beaten eggs |
| | 1 teaspoon salt |
| | $\frac{1}{2}$ teaspoon pepper |
| | 2 cups tomato sauce |

Mix ingredients in order given, omitting tomato sauce, and put in a greased loaf pan. Bake in a moderate oven (350° F.) for 60 minutes. Serve with a well-seasoned tomato sauce. *Serves 6.*



Walnuts are graded for size mechanically. Spiral graders, 18 feet long and 40 inches in diameter, having over 18,000 openings, separate the nuts into three size grades. Only medium and large sizes sell as "Diamonds"—and these must pass another test in which 300 nuts from each lot are cracked and the kernels inspected.

Cheese and Walnut Roast

$\frac{1}{4}$ lb. American cheese	1 tablespoon fat
1 cup chopped Diamond Walnut kernels	2 tablespoons minced onion
$1\frac{1}{4}$ cups soft bread crumbs	1 tablespoon lemon juice
1 cup milk	$\frac{1}{4}$ teaspoon salt
1 egg, beaten	$\frac{1}{4}$ teaspoon paprika
	$\frac{1}{8}$ teaspoon pepper

Grate the cheese, and add the Diamond Walnut kernels, bread crumbs, milk and egg. Melt the fat in a skillet, add the onion, and saute to a golden brown. Combine these mixtures and add the remaining ingredients. Bake in a moderate oven (375° F.) for 45 minutes. *Serves 6.*

Rice and Walnut Loaf

1 egg	1 cup chopped Diamond Walnut kernels
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon sage
1 cup soft bread crumbs	1 teaspoon salt
$\frac{1}{2}$ cup chili sauce	$\frac{1}{4}$ teaspoon pepper
$1\frac{1}{2}$ cups cooked rice	2 cups tomato sauce

Beat egg, and add the milk, bread crumbs, chili sauce, rice, Diamond Walnut kernels, sage, salt and pepper. Blend thoroughly and put in a greased loaf pan. Bake in a moderate oven (375° F.) for 45 minutes. Serve with a well-seasoned tomato sauce. *Serves 6.*

Walnut Croquettes

1 cup chopped Diamond Walnut kernels	$\frac{1}{2}$ cup evaporated milk
1 egg, well beaten	1 teaspoon salt
	$\frac{1}{4}$ teaspoon pepper
3 cups finely sifted dry bread crumbs	

Mix Diamond Walnut kernels, egg, evaporated milk, salt, pepper and 2 cups of the bread crumbs, and shape into round, flat cakes. Roll in remaining cup of bread crumbs. Fry in deep fat heated to 390° F.,

or hot enough to brown a 1" cube of fresh bread on all sides in about 40 seconds, for about 2 minutes. Drain on absorbent paper and serve with tomato sauce. *Makes 8 croquettes about 2" in diameter.*

Walnut Meat Balls

1 lb. ground beef, uncooked	1 egg
$\frac{1}{2}$ cup soft bread crumbs	$\frac{1}{2}$ cup chopped Diamond Walnut kernels
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ teaspoon paprika
1 teaspoon minced onion	1 cup tomato sauce
1 teaspoon salt	1 cup water

Combine all ingredients in order given except tomato sauce and water. Form into balls and place them in a shallow baking dish. Pour over them the tomato sauce, mixed with the water. Bake in a moderate oven (350° F.) for 45 minutes. *Makes 12 meat balls.*

A few suggestions that will please both purse and palate

Add walnut kernels to vegetable loaves and croquettes. Their added food value makes these dishes nourishing enough for main-course use.

Any stuffed vegetable, tomatoes, peppers, onions or eggplant, is better with walnuts in the stuffing.

Vegetable souffles are given "body," flavor and nourishment by adding walnuts freely.

And here's a fine way to use leftovers. Make up a loaf, croquettes or stew—and add walnuts. They serve a triple purpose—to extend a small amount to serve more people—to supply enough food value to make the single dish a complete, nutritious meal—and to add a new, delicious flavor that turns these ordinary dishes into extraordinary treats.

Walnut packing houses are like schools—walnuts must pass many examinations before receiving their "diplomas," the Diamond trademark on every shell. An ingenious "walnut printing press" stamps 40,000 pounds per eight-hour day—about 3200 nuts a minute. The Association operates 124 of these machines.



BREADS

THERE'S NO NEED to comment on how good walnut bread tastes. But have you ever tried it toasted? There's a real treat for you!

And sandwiches—how much better made with walnut bread! Or with walnuts in the filling—especially with olives, cheese, and chopped fruits. Such sandwiches contain more nourishment, too. They're ideal to serve the children after school—or for the school lunch box.



Banana Walnut Bread

- | | |
|--|--|
| 1 cup granulated sugar | 2 $\frac{1}{2}$ cups sifted all-purpose flour |
| $\frac{1}{2}$ cup butter or other shortening | 1 teaspoon baking soda |
| 2 eggs | $\frac{1}{2}$ teaspoon salt |
| 1 $\frac{1}{2}$ cups mashed bananas | $\frac{1}{4}$ cup chopped Diamond Walnut kernels |

Cream sugar and shortening. Add eggs, whole, and bananas. Sift together flour, soda and salt. Add to mixture, along with Diamond Walnut kernels. Pour into greased loaf pan 10" x 5" x 3 $\frac{1}{2}$ " and bake 1 hour in moderate oven (375° F.) *Makes 1 loaf.*

Coffee Cake Squares

- | | |
|------------------------------------|---|
| 3 tablespoons shortening | 1 $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{4}$ cup granulated sugar | $\frac{1}{4}$ cup brown sugar |
| 1 egg | 2 teaspoons cinnamon |
| $\frac{1}{2}$ cup milk | 1 cup finely-chopped Diamond Walnut kernels |
| 1 teaspoon vanilla extract | 1 tablespoon butter |
| 1 cup sifted cake or pastry flour | |
| $\frac{1}{2}$ teaspoon salt | |

Cream the shortening and add the granulated sugar gradually, creaming meanwhile. Add the egg and beat well. Combine the milk and vanilla and add alternately with the flour, salt and baking powder which have been sifted together. Spread on a greased baking sheet 15 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " and sprinkle with the brown sugar and cinnamon mixed together, and the Diamond Walnut kernels. Dot with butter. Bake in a moderate oven (375° F.) 20-25 minutes, or until brown. Cut into 3" squares and remove from the pan immediately. *Serves 6.*



Cinnamon Rolls



Walnut Canapés



Olive Nut Sandwiches



Graham Muffins



Banana Walnut Bread

Steamed Walnut Brown Bread

- | | |
|----------------------------|-------------------------------------|
| 1 cup soft bread crumbs | 1 cup cornmeal |
| $\frac{1}{2}$ cup milk | 2 teaspoons soda |
| $\frac{1}{4}$ cup molasses | 1 cup rolled oats |
| 1 teaspoon salt | $\frac{1}{2}$ cup water |
| 1 cup whole wheat flour | 1 cup broken Diamond Walnut kernels |

Soak the bread crumbs in the milk. When soft, rub the crumbs and milk through a strainer and add the molasses and the salt, whole wheat flour, cornmeal, and soda which have been sifted together, the rolled oats and the water. Blend well and add the Diamond Walnut kernels. Fill 4 well-greased 1-lb. baking powder cans $\frac{2}{3}$ full and cover tightly with greased covers. Steam for 2 hours in a deep covered kettle with the cans on a trivet and boiling water half way up around the cans. Keep water boiling throughout entire cooking period and replenish as needed. When done, unmold, first running a spatula between the bread and the sides of the cans to loosen the bread. Serve hot or cold, as preferred.



*Steamed Walnut
Brown Bread*



*Coffee Cake
Squares*



Corn Meal Gems

Walnut Bread

- | | |
|---------------------------------------|--------------------------------------|
| 3 cups sifted all-purpose flour | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup granulated sugar | 1 egg, beaten |
| 1 teaspoon salt | 1 cup chopped Diamond Walnut kernels |
| $\frac{3}{4}$ teaspoons baking powder | 3 tablespoons melted fat |

Sift together the dry ingredients; add the milk, mixed with the beaten egg, Diamond Walnut kernels and melted fat. Beat well. Bake in a greased loaf pan 10" x 5" x 3 $\frac{1}{2}$ " in a moderate oven (375° F.) for 1 hour.

Walnut Raisin Bread

- | | |
|--|------------------------------------|
| 2 cups sifted all-purpose flour | 1 cup seedless raisins |
| $\frac{1}{2}$ teaspoon salt | 1 egg, beaten |
| 3 teaspoons baking powder | $\frac{1}{2}$ cup granulated sugar |
| $\frac{1}{4}$ cup chopped Diamond Walnut kernels | 1 cup milk |
| | 2 tablespoons melted shortening |

Sift flour, salt and baking powder together; add the Diamond Walnut kernels and raisins. Combine the egg, sugar, milk and shortening; add to the flour mixture and mix well. Bake in a greased loaf pan 10" x 5" x 3 $\frac{1}{2}$ " in a moderate oven (375° F.) for 45 minutes. Cool before slicing.



*Pimiento and Walnut
Sandwiches*



Walnut Bread

Corn Meal Gems

- | | |
|------------------------------------|---|
| 1 cup yellow corn meal | $\frac{3}{4}$ cup finely-chopped Diamond Walnut kernels |
| 1 cup sifted all-purpose flour | |
| $\frac{1}{4}$ cup granulated sugar | $1\frac{1}{4}$ cups milk |
| 3 teaspoons baking powder | 1 egg, slightly beaten |
| $\frac{1}{2}$ teaspoon salt | 4 tablespoons shortening, melted |

Sift dry ingredients together; add Diamond Walnut kernels. Combine milk, egg, and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until the dry and liquid ingredients are just mixed, and have a lumpy appearance. Bake in greased gem pans in a hot oven (400° F.) for 20-25 minutes. *Makes 16 gems.*

Graham Muffins

- | | |
|--|--|
| 1 cup unsifted graham flour | 1 teaspoon salt |
| $\frac{3}{4}$ cup sifted all-purpose flour | $\frac{3}{4}$ cup chopped Diamond Walnut kernels |
| $\frac{3}{4}$ cup granulated sugar | $\frac{3}{4}$ cup seedless raisins |
| $2\frac{1}{2}$ teaspoons baking powder | 1 cup milk |
| | 1 egg, well beaten |
| | 3 tablespoons melted fat |

Mix and sift dry ingredients; add Diamond Walnut kernels and raisins. Combine milk, egg and fat. Turn milk mixture into dry ingredients all at one time and stir quickly and vigorously until dry and liquid ingredients are just mixed and have a lumpy appearance. Do not beat. Bake in a hot oven (400° F.) in greased muffin pans for 25 minutes. *Makes 16 muffins.*

Cinnamon Rolls

- | | |
|------------------------------------|--|
| Baking powder biscuit dough | 4 tablespoons melted butter |
| $\frac{1}{4}$ cup granulated sugar | $\frac{1}{2}$ cup seedless raisins |
| 1 teaspoon cinnamon | $\frac{1}{2}$ cup chopped Diamond Walnut kernels |

Make Baking Powder Biscuit dough using 2 cups flour as the basis. Roll the dough

into a rectangle $\frac{1}{4}$ " thick. Combine the sugar, cinnamon and butter and spread over the dough. Sprinkle with the raisins and Diamond Walnut kernels; roll up as a jelly roll and cut crosswise into slices $\frac{3}{4}$ " thick. Place cut side down in a greased shallow baking pan and bake in a very hot oven (425° F.) for 15-20 minutes. *Makes about 1 dozen rolls.*

Ham and Walnut Sandwiches

- | | |
|---|---------------------------------|
| 1 cup finely-chopped cooked ham | 4 tablespoons thick sweet cream |
| $\frac{3}{4}$ cup finely-chopped Diamond Walnut kernels | Salt and pepper to taste |
| 1 teaspoon mustard | Bread |
| | Butter |

Mix the ham, Diamond Walnut kernels, mustard and cream. Add salt and pepper to taste. Spread between thin slices of buttered bread.

Olive Nut Sandwiches

- | | |
|---|-------------------------|
| 1 4 $\frac{1}{2}$ -oz. bottle ($\frac{1}{2}$ cup) stuffed olives, ground | 1 tablespoon mayonnaise |
| $\frac{3}{4}$ cup chopped Diamond Walnut kernels | 12 slices bread |
| | Butter |

Combine olives, Diamond Walnut kernels and mayonnaise. Spread between slices of buttered bread. *Makes 6 large sandwiches.*

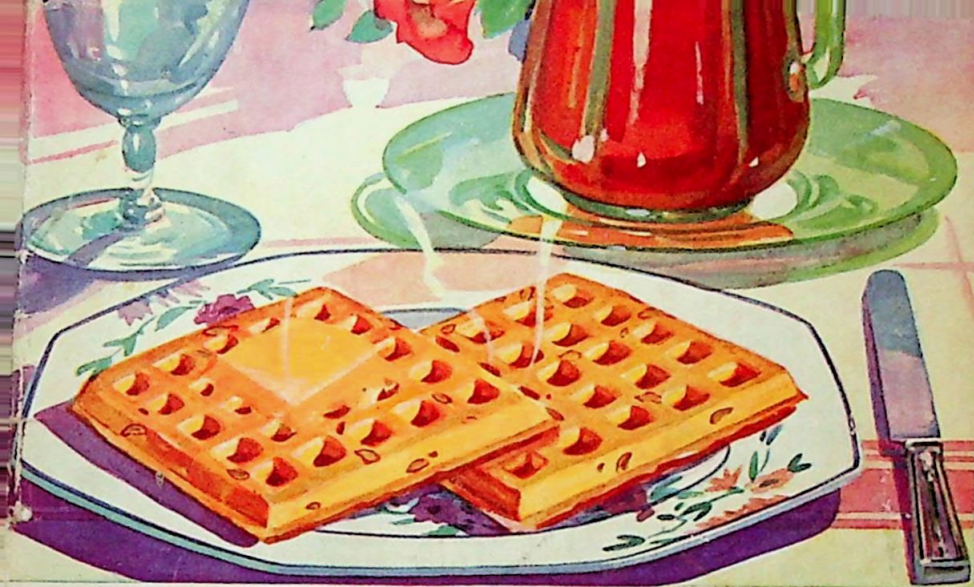
Pimiento and Walnut Sandwiches

- | | |
|--|------------------------------|
| $\frac{3}{4}$ cup chopped Diamond Walnut kernels | $\frac{3}{4}$ cup mayonnaise |
| $\frac{3}{4}$ cup chopped pimientos | $\frac{1}{2}$ teaspoon salt |
| 1 3-ounce package cream cheese | Brown or nut bread |
| | Butter |

Mix Diamond Walnut kernels with pimientos, cream cheese, mayonnaise and salt. Spread between buttered slices of brown bread or nut bread.



Walnuts with shell blemishes are not sold as "Diamonds," even though they contain perfect kernels. Such nuts, culled out in hand-sortings, are cracked by special machines, without injuring the kernels. Hundreds of skilled women, in large, clean, well-lighted rooms, remove and select the kernels of Diamond quality.



Walnut Waffles

MISCELLANEOUS

THERE ARE MANY USES for walnuts that can not readily be classified as a specific type of food. For instance, Salted Walnuts. Yet everybody likes them, and they have a definite place on bridge tables or at formal dinners.

And sauces to serve with ice cream or leftover cake! They might be used as desserts, as an evening treat when friends drop in, or at an afternoon card party.

So we've listed here those recipes which do not fit in any other place, and added a few suggestions to help you enjoy the full menu possibilities of your Walnut Bowl.



Roasted Walnuts

Place the desired number of Diamond Walnuts (in the shell) in a shallow pan, and bake for 12 or 15 minutes in a hot oven (400°-425° F.). Serve hot or cold.

Walnut Waffles

2 cups sifted cake or pastry flour	$\frac{3}{4}$ cup chopped Diamond Walnut kernels
3 teaspoons baking powder	2 eggs
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups milk
	6 tablespoons melted shortening

Sift together the dry ingredients and add Diamond Walnut kernels. Separate the eggs, and beat the egg yolks until light. Add with the milk and the melted shortening to the dry ingredients. Beat the egg whites stiff and fold them into the waffle batter. Bake on a waffle iron following manufacturer's directions for operating the iron. *Makes 6 to 8 waffles.* To serve 2 or 3, make half this recipe. A delightful variation is to leave the Diamond Walnut kernels out of the batter, and sprinkle a teaspoonful on each section of the waffle after pouring into the iron. The walnuts become deliciously crisp and "toasty."

Chocolate Icing

- | | |
|--|-------------------------------|
| 1 square (1 oz.) unsweetened cooking chocolate, melted | 2 cups confectioners' sugar |
| | 5 tablespoons evaporated milk |

Combine melted chocolate and sugar. Then add milk gradually, beating until smooth and creamy. Frosts two 8" layers. Arrange Diamond Walnut halves in a pattern on the top of the cake.

Butter Frosting

- | | |
|------------------------------------|------------------------------|
| 4 tablespoons butter | 1/2 teaspoon vanilla extract |
| 2 cups sifted confectioners' sugar | Pinch of salt |
| 3 tablespoons milk | Diamond Walnut halves |

Cream butter; add 1 cup of sugar gradually, blending after each addition. Add remaining sugar, alternately with milk, until of right consistency to spread, beating until smooth after each addition. Add vanilla and salt and blend. Spread on cake and decorate with Diamond Walnut halves. *Covers two 9 inch layers.*

Caramel Frosting

- | | |
|-------------------------------|----------------------------|
| 2 cups brown sugar | 1 tablespoon butter |
| 1 cup granulated sugar | 1 teaspoon vanilla extract |
| 1 cup sour cream or sour milk | Cream or top milk |
| | Diamond Walnut halves |

Combine the sugars and sour cream in a large saucepan, and stir over low heat until the sugars are dissolved. Cook to 238° F. or until a little of the mixture when dropped into cold water forms a soft ball between the fingers. Remove from heat, add butter and vanilla, and cool until luke warm (110° F.). Beat with a hand beater until quite stiff, then add enough cream while beating to make of a spreading consistency.

Frosts and fills a two-layer cake 8 inches in diameter. Use half this recipe for frosting 1 loaf cake about 8 inches by 8 inches by 2 inches, or for filling and frosting one 9 inch layer, cut in halves. Arrange the Diamond Walnut halves in a pattern on top of the cake.

Walnut Doughnuts

- | | |
|---|-------------------------------|
| 2 eggs | 1 teaspoon salt |
| 1 cup granulated sugar | 4 1/2 teaspoons baking powder |
| 3 tablespoons melted shortening | 1/4 teaspoon cinnamon |
| About 4 1/2 cups sifted all-purpose flour | 3/4 teaspoon nutmeg |
| | 1 cup milk |
| 3/4 cup chopped Diamond Walnut kernels | |

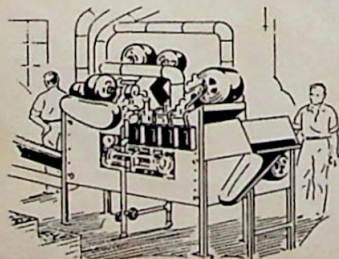
Beat the eggs; add sugar and shortening. Sift 3 1/2 cups of the flour with remaining dry ingredients and add to egg mixture alternately with the milk. Add Diamond Walnut kernels and then enough of remaining flour to make a soft dough which can be rolled easily. Roll out on a floured board to 1/2" thickness and cut with a doughnut cutter. Fry until brown and cooked in deep fat, heated to 370° F. or hot enough to brown a 1" cube of fresh bread on all sides in about 60 seconds. Drain on absorbent paper and roll in granulated sugar while hot. *Makes 28 doughnuts.*

Fruit Balls

- | | |
|--------------------|-----------------------------------|
| 1 cup raisins | 1 1/2 cups Diamond Walnut kernels |
| 1 cup figs | |
| 1 cup stoned dates | 3/4 to 1 cup senna leaves |

Put all ingredients through the meat chopper several times, and mold size of walnut. Take one each night. When making the second batch, reduce the amount of senna leaves as much as one-half, depending on the need. Try your first one tonight! It's a grand way to enjoy better health.

From these "pickers," the kernels pass over white, endless belts, where trained inspectors remove any pieces of shell or fibre. Next, roller screens, strong air currents and vacuum in a special cleaning machine remove any minute remaining particles. After this, the kernels are untouched by human hands.



Salted Walnuts

1 cup Diamond Walnut kernels 1 tablespoon butter
Salt

Boil the Diamond Walnut kernels in water for 30 seconds. Drain. Arrange in a shallow baking pan and bake in a hot oven (425° F.) for 10 minutes. Add butter to pan and bake 5 minutes longer. Sprinkle liberally with salt.

Butterscotch Nut Sauce

$\frac{3}{4}$ cup granulated sugar 2 table-poons butter
 $1\frac{1}{4}$ cups brown sugar $\frac{1}{2}$ cup cream or
 $\frac{1}{4}$ cup water rich top milk
 $\frac{1}{2}$ cup chopped Diamond Walnut kernels

Cook together both sugars, water, and 1 tablespoon of the butter, stirring constantly, to 220° F. or until a little of the mixture when dropped into cold water forms a very soft ball between the fingers. Add cream or milk and remaining butter, and cook again to very soft ball stage (220° F.). Add Diamond Walnut kernels and serve hot on ice cream or other desserts. *Makes $1\frac{1}{2}$ cups.*

Hot Fudge Sauce

4 tablespoons cocoa 1 cup milk
 $1\frac{1}{2}$ cups granulated sugar 1 tablespoon butter
Dash of salt $\frac{1}{2}$ teaspoon vanilla
extract
 $\frac{1}{2}$ cup chopped Diamond Walnut kernels

Cook together cocoa, sugar, salt, and milk, stirring constantly until sugar is dissolved and mixture boils. Continue cooking, without stirring, to 220° F. or until a little of the mixture when dropped into cold water forms a very soft ball between the fingers. Remove from heat, add butter and vanilla extract, and beat thoroughly. Add Diamond Walnut kernels, and serve hot on ice cream or other desserts. *Makes $1\frac{1}{2}$ cups.*

Shelled walnuts are packed in vacuum sealed tins. An automatic weighing machine fills each can with the exact weight. The cans then pass through a complicated machine which extracts all air and tightly seals the cans. The absence of air insures the kernels retaining their freshness indefinitely in any climate.

Other possibilities all through the day

Breakfast breads, waffles and pancakes aren't the only morning uses for walnuts. Chopped walnuts added to cooked cereal just before you take it from the stove makes a delightful novelty. It's nourishing, too—and a fine way to make the children *want* to eat their cereal!

Thin slices of toasted nut bread served with soup instead of crackers will draw applause from the family.

Mix chopped walnuts with the hard sauce served with puddings—or in the Yorkshire pudding that accompanies roast beef.

Dainty open sandwiches look better when decorated with golden walnut halves—and taste better if chopped walnuts are added to the spread.

Roasted walnuts take but a few moments to prepare, and they have a novel, "different" flavor that everybody likes. The simple directions are on page 25.

We've already commented several times on what a fine food walnuts are for children. The reason is—they're a natural food, high in the energy value that growing bodies need, full of proteins and carbohydrates, with liberal supplies of minerals, and vitamins, too. Besides, walnuts require vigorous chewing, and thus promote the growth of good, sound teeth. So be liberal with walnuts in children's foods—and include a handful of walnuts in the school-lunch box!

In many homes, a bedtime "ice box raid" destroys the best laid plans for next day's lunch or breakfast. But there's a way to protect that bit of leftover chicken or your last pint of milk. Keep the fruit-nut bowl well filled! There's nothing like an apple, an orange, or a cluster of raisins and a few Diamond Walnuts to tempt the appetite of any normal male.





Stuffed Baked Pepper



*Molasses Walnut
Pie*



Rice and Walnut Loaf



Walnut Doughnuts



Salted Walnuts

A WORD TO THE WISE

HAVE YOU EVER wondered what men did about digestive troubles and bad teeth before medicine and dentistry were so far advanced?

Perhaps the answer is simple—they didn't have these troubles. For primitive men led active lives, and lived on coarse, hard, natural foods.

Today's diet consists largely of soft "Spoon Foods"—puddings, cakes, breads, salads—foods which practically melt in the mouth with little or no chewing. As a result, we no longer chew as nature intended—and vigorous chewing, authorities tell us, is absolutely essential to good digestion, sound teeth and the preservation of facial beauty. Let us see why!

Digestion takes place in the stomach, but it starts in the mouth. And vigorous chewing stimulates the salivary glands—makes sure the food is thoroughly moistened before swallowing—and prevents an undue tax on the digestive tract.

Teeth were given us to use, not for decoration. Since most natural foods are hard and fibrous, teeth were made to cope with them, bone-like, covered with hard enamel, and set in strong jaws.



Walnut Vegetable
Loaf



Hot Fudge
Sundae



Jellied Fruit and Walnut
Salad



Fruit-Nut
Cocktail



Ancient Caramel Shortcake

A strong man needs exercise, or he grows weak. It's much the same with teeth. When they chew hard foods, they press against the gums, massaging them, promoting the flow of oral fluids which help to cleanse the mouth. And as hard foods are pressed around the teeth, they scour and polish the enamel, helping to preserve the original beauty of sound teeth.

Exercise is needed, too, for keeping body muscles firm and youthful. But the average "Daily Dozen" overlooks the muscles of the face and neck.

Next time you eat some solid, chewy food, just place your hands upon your cheeks, your chin, your neck. Feel how the muscles ripple and flex as you chew and swallow. That's the kind of exercise they need to ward off double chins and to preserve that youthful neck line.

Fortunately—you can promote vigorous chewing, easily and pleasantly, with Diamond Walnuts. Eaten by themselves or in soft "Spoon Foods," they *require* chewing—and bring you real benefits in better digestion, better teeth, and lasting facial beauty—as well as new flavor, appetite appeal and more enjoyment from your meals.

A PAGE OF HELPFUL HINTS

YOU MAY HAVE noticed that some Diamond Walnuts are branded with red ink, others with black. This merely indicates the size, not quality, for *all* Diamond Walnuts are the highest quality. Those branded with black are medium size—the largest size are stamped with red Diamonds.

In following the recipes in this book, use standard half-pint measuring cups. All measurements are level. To measure accurately with a spoon, fill it heaping full, then scrape off the excess until level, using the back of a knife.

Flour should always be sifted once before measuring.

Don't grind walnut kernels unless the recipe directs it. Chop them—and they'll retain all their crunchiness. There is available in household sections of most department stores a handy little gadget that fits on top of a small jar and chops the kernels to just the right degree of coarseness.

When you use walnuts in baking, dip kernels in flour before adding to the recipe. This will prevent their falling to the bottom of dish.

To get full walnut halves for decorating uses, crack the nut by standing it on the flat end and striking it lightly with a hammer on the sharp point.

One pound of Diamond Walnuts, in the shell, produces about one-half pound, or 2 cups, of kernels.

In recipes where milk is specified, evaporated milk, diluted half-and-half with water, may be used instead.

To measure butter or other solid shortening fill a cup with water, minus the amount of shortening required, and add the fat until the cup is full.

And here's a "parlor trick" that you can literally "try out on your piano" or any other piece of furniture. If the surface becomes scratched, rub it with a piece of walnut kernel. The scratches disappear like magic.

Measures and Equivalents

3 teaspoons	equal 1 tablespoon
16 tablespoons	" 1 cup
2 cups	" 1 pint
2 cups butter	" 1 pound
$\frac{1}{4}$ pound butter	" 8 tablespoons
1 square chocolate	" 1 ounce
1 ounce chocolate	" 4 tablespoons

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branded
**DIAMOND
 WALNUTS**
California's finest

Diamond SHELLED Walnuts (mixed halves and pieces) are just the same high quality as Diamond Walnuts IN THE SHELL. They're packed in two sizes of vacuum sealed tins, to keep them always fresh, sweet, ready for instant use. A great convenience! Many women have found it pays to keep BOTH KINDS on hand.

